



VOL IV No. 2

Naval Regional Medical Center, Orlando, Florida

1 November 1981

NRMC's Thanks - giving

We're thankful for:

Our leadership

Our dedicated physicians

Our skilled surgeons

Our conscientious nurses

Our professional

MSC's

**Our enthusiastic
corps staff**

Our faithful civilian employees

Our new, state-of-the-art facility

We're giving:

Our knowledge and expertise

Our ability to heal

Our caring attitude

**Our unselfish de-
votion to duty**

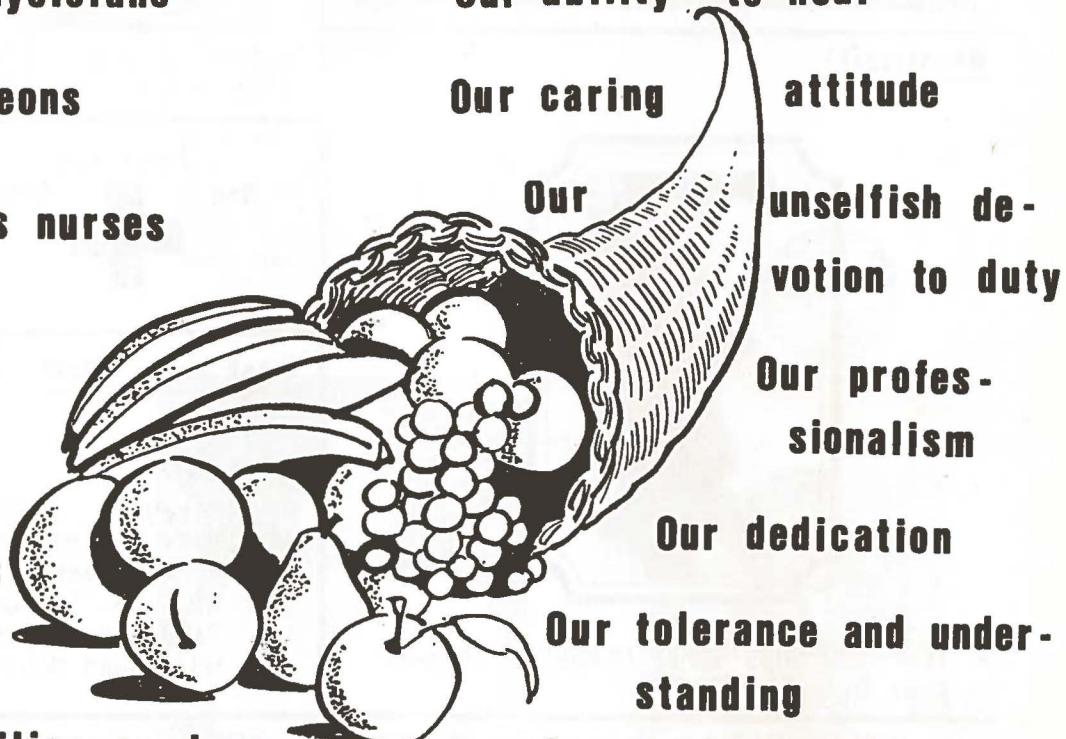
**Our profes-
sionalism**

Our dedication

**Our tolerance and under-
standing**

Our cheerfulness

**Our best.... at all
times!**



October Inspection**Noted for Excellence**

CDR S. L. Eastland, NC
 LCDR J. H. Vasquez, MSC
 LT S. L. Pollard, NC

CT2 E. Vazquez
 RP2 A. L. M. Wright
 HM3 T. A. Albino
 HM3 E. Owens
 HM C. M. Travis
 HF T. Wilson

Nobody, but nobody, "flu" away!**Whooozit?**

DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)

We're sorry you're leaving!

HN D. Miller to FMSS Camp Lejeune and FFT to 3rd FSSG
 HM2 J. Cassidy to civilian life
 HN T. Albino to 2nd Marine Division, Camp Lejeune
 HM3 J. L. Cardelle on Terminal Leave
 HM2 C. Glascock on Terminal Leave
 MM1 R. Povalkins to civilian life
 HM R. Richardson to NSHS, Portsmouth
 HM2 J. B. Perry to NRMC, Charleston
 HM3 F. Finn to NRMC, San Diego
 HM2 R. Frazier to NRMC, Guam

Snap . . . shots

In the Communications Center: On Left, Ralph Cromer; on right, HN Isador Delgado.



**American
Red Cross**
**Volunteer hours
for September -
1758**

Vital Signs' Staff

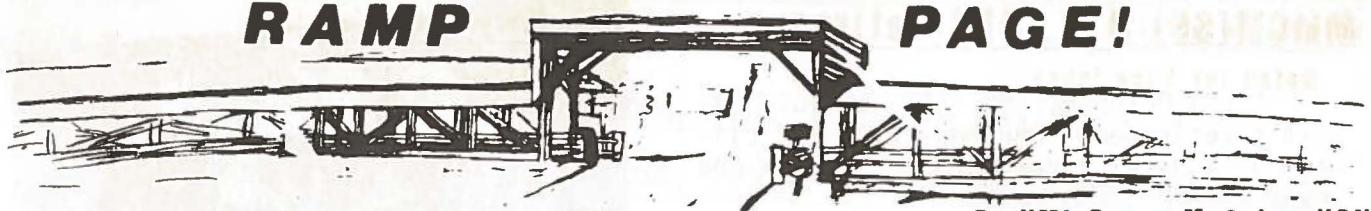
Editor:
 HMCM(SS) R. C. Clements, USN
Managing Editor:
 Mary V. Van den Heuvel
Nursing Service Subeditor:
 LT S. W. Tudhope, NC, USNR
Ramp Page Reporter/Photographer:
 HM1 Bogan McQuigg, USN

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Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
 Editor: HMCM(SS) R. C. CLEMENTS, USN

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RAMP**PAGE!**

By HM1 Bogan McQuigg, USN

**If you won an all expense paid trip anywhere in the world,
where would you want to go?**



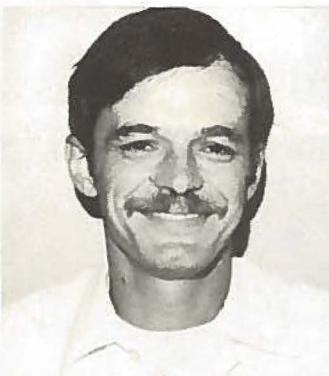
CDR M. E. Golembieski, MC,
Chief, Internal Medicine:
"Europe because of its
historical value and it is
the roots of our country."



HN C. Forsman, Internal Medi-
cine: "France. I would like
to see the sights and prac-
tice my French, and study
their cultures and enjoy
their food!"



Liz Murdock, Orthopedics:
"Japan. I was there in '58.
I would like to see the
changes there."



HN M. Guenthenspberger, Ped-
iatrics: "Hawaii. I have
never been there. Just think
about the surfing, swimming,
diving!"



Pat Alexander, Central Ap-
pointments: "To the Carib-
bean.... just to see what
it is like."



CDR W. H. Nettles, MC,
Chief, Pediatrics: "West-
ern Europe. I like to
visit places of historical
interest and significance."

MMCM(SS) H. T. Hill retires

On 29 October, MMCM(SS) Harold T. Hill's retirement ceremony was held climaxing a Naval career of over twenty-one years.

Master Chief Hill reported aboard in June 1978 and was assigned as the first medical liaison at the Nuclear Power School Command to facilitate and coordinate radiation health physicals. His next assignment was as the Leading Chief Petty Officer of the NRMC Annex where he served until the latter part of 1980 at which time he became the Assistant Chief, Operating Management Service.

During the ceremony, Master Chief Hill received the Meritorious Service Medal, the NPMC Certificate of Duty Stations, his Fleet Reserve Certificate, and an Americar Flag. We wish you smooth sailing, Master Chief Hill, in all your future endeavors.



HMC L. F. Luyster retires

On 28 October, HMC Lloyd F. Luyster transferred to the Fleet Reserve after completing over twenty-two years of honorable service.

Chief Luyster reported aboard NRMC Orlando in January 1978 and was assigned as the Nursing Services Enlisted Detailer. In November 1980, he was transferred to Operating Management Service where he became the Security Officer.

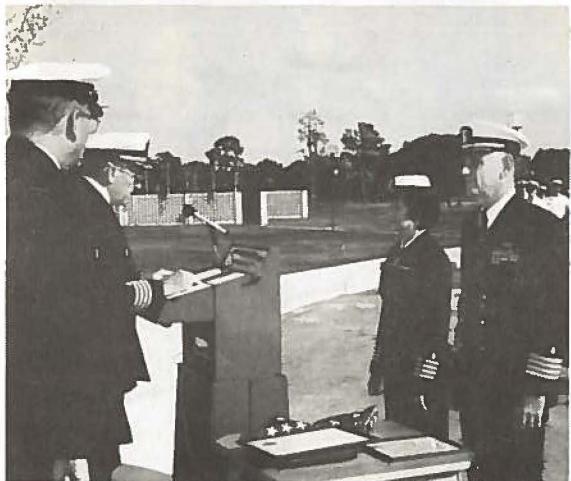
As Chief Luyster's retirement date approached, he requested to be reassigned to the Laboratory Service where he could refresh his technician expertise in preparation for his civilian endeavors.

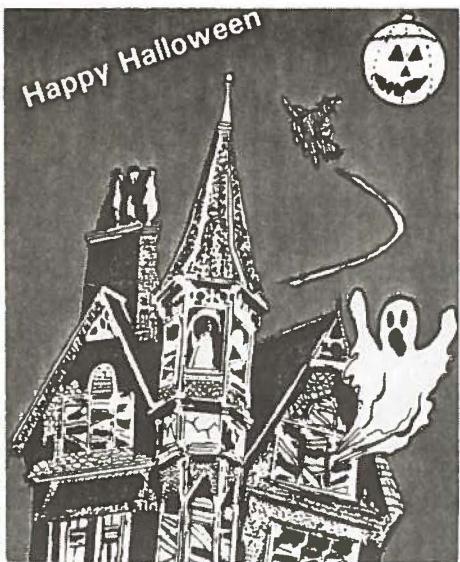
Good luck and smooth sailing, Chief Luyster.



Double retirement

**CAPT L. W. Stetzer, MC, from USN and his wife,
CAPT G. M. Stetzer, NC, from USNR**





.... with CRA



VITAL SIGNS

1 November 1981

SUPPLEMENTAL PAGE C



Music by "Nobody's Business"

Nursing**Service**

By LT Steven W. Tudhope, MC, USNR

"Tis the season...."

The beginning of November is upon us already! Any day now, the displays preparing us for the coming of the holidays will be appearing. Thanksgiving is just around the corner and Christmas not too far away. Pretty soon we will be deciding with whom we will spend the holidays, what gifts to buy, and checking our Christmas card list. As we make our way thru the holiday season, we gradually build up, little by little, that holiday happiness and good cheer that permeates every facet of our daily lives. We seem to develop a very special closeness with others at this time of year and our relationships seem to be far more pleasant... things go smoother, people are more tolerant and easy going. Even some of the more unpleasant aspects of our lives become more bearable.

During the holiday season, we hear a lot about the "brotherhood of man," "peace on earth," and "good will toward men," and we become more conscious of our relationships with others. We should be thankful that the holiday season does make us more aware of these feelings and that it does heighten and intensify that "holiday spirit."

Wouldn't it be great if the holiday "spirit" remained in us and influenced us everyday?????

Happy Turkey Day!

**VITAL SIGNS****Non-smokers reap the rewards**

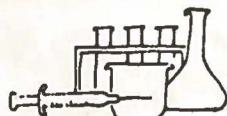
.... and CAPT Fout reaps!



Volunteering to help publicize the Smoking Cessation Program are: on left, HN Cloria Callahan and on right, HN Pita K. Hillis, both from Family Practice Service.

20 year pin

Mrs. Clyde Howard receives her 20 year pin from Captain Schefstad. Clyde is a member of the OB-GYN staff and has been at this hospital since July 1968!



Lab Line

By CAPT P. E. Petit, MC, USN

Lab welcomes new Captain

As Chief of the Laboratory Service, I would like to express a "Well Done" to my co-pathologist, Dr. Smyth, who served as interim Chief of Service until I reported on board.

As a Health Care Provider, I look forward to meeting you and also to share with you the experience of Continuing Medical Education.

I am most impressed by the dedication and diligence of this Laboratory staff and look forward to our supportive efforts in carrying out the mission of the Naval Regional Medical Center, Orlando.



CAPT Paul Petit



Date	Opponent	Site
Sept. 12	The Citadel	Annapolis, Md.
Sept. 19	Villanova	Annapolis
Sept. 26	Michigan	Ann Arbor, Mich.
Oct. 3	Yale	New Haven, Conn.
Oct. 10	Air Force	Annapolis
Oct. 17	Boston College	Boston
Oct. 24	William & Mary (Homecoming)	Annapolis
Oct. 31	Notre Dame	Notre Dame, Ind.
Nov. 7	Syracuse	Annapolis
Nov. 14	Georgia Tech	Atlanta
Nov. 28	Army	Philadelphia

1981 Navy Football Schedule

Chaplain's

Comments

By CDR W. E. Tumblin, CHC, USN

Thanksgiving vs rights

"Entitlement" programs are in the news. Threats to remove an entitlement cut to the quick. People become anxious and jumpy about those government benefits which are felt to be "rights." People have a knack for accepting a job, using a parking lot or coat rack and in short order coming to feel that it is their "right" and cannot ever be changed or withdrawn.

Money matters. Particularly to Americans, money matters. Prestige is acquired, displayed, and negotiated through money and physical beauty. Most advertising combines images of beauty with money. Life focused through the lenses of money and beauty intensifies at this time of year. People congregate in stadium, store, and streets to see and be seen, to spend and be spent.

In the land of the free and home of the brave, Thanksgiving may become an embarrassment to us. Americans seem to be searching for gratitude across this land today. If you find some, let someone know.

NRMC's got L-O-V-E!



..... and to prove it, left to right, we have HM1 Alexander LOVELESS, USN, Medical Records at Nuclear Power School, Mrs. Muriel LOVEJOY and HM1 William LOVELADY, USN, both from Human Resource Management Service.



Career Counselor's Corner

By HMC Rex M. Reeder

Now's the time to take a close look at the Guard III options that are open to you.

For personnel serving in Duty Type 1 or Type 6 (Creditable as Shore Duty) such as duty at NRMC Orlando, the following options are available.

For a four year reenlistment:

Homeport or Type 2, 4, or 5 billet in choice of fleet.

Choice of Type 3 (overseas shore duty which counts as sea duty).

One year extension at present activity (if not in excess). Each request for this extension is reviewed on a case basis.

For a five year reenlistment:

Any option listed above.

18 month extension at present activity (if not in excess).

For a six year reenlistment:

Any option listed above.

Choice of valid overseas shore duty (Type 6). Not all NEC's eligible.

24 month extension at present activity. Some exceptions.

Some NEC's can be guaranteed a cost transfer to an available CONUS shore duty billet.

Stop in and see me or give me a call and we can discuss the options that are for you. You can reach me on extensions 4928/4929 or at 4904.

Guard III: something for everyone

CFC Report

Although the final figure has not yet been tabulated, collections for the 1982 Combined Federal Campaign for NRMC will top \$10,000.

Services that achieved 100% participation this year include:

- Food Service
- Dental Service
- Educational Services
- Anesthesiology Service
- Dermatology Service
- Family Practice Service
- Pediatrics Service
- Ophthalmology Service
- Internal Medicine Service

Through the concern and generosity of a substantial portion of the NRMC staff, agencies such as the American Cancer Society and the American Heart Association will be able to continue the medical research that leads to the breakthroughs in diagnosis and treatment that we use. CDR Michael L. Pratt, MSC, USN, Chairman of the 1982 campaign, extended a heartfelt "thank you" from all of the beneficiaries of the CFC to the NRMC contributors.

Signs of age

Everything hurts and what doesn't hurt, doesn't work.

You feel like the night after when you haven't been anywhere.

You get winded playing chess.

Your children begin to look middle-aged.

You know all the answers, but nobody asks you the questions.

You look forward to a dull evening.

You turn out the light for economic rather than romantic reasons.

You sit in a rocking chair and can't get it going.

Your knees buckle and your belt won't.

You're 17 around the neck, 42 around the waist, 95 around the golf course.

You just can't stand people who are intolerant.

You burn the midnight oil until 9 p.m.

Your back goes out more often than you do.

The little gray-haired lady you help across the street, is your wife.

You have too much room in the house and not enough in the medicine cabinet.

You sink your teeth into a steak and they stay there.

Author unknown



Master Shipwreck

HMCM(SS) R. C. Clements, USN

Equal Opportunity

During the week of 26 October, the Naval Regional Medical Center participated in a Human Resource Management Survey which was conducted by the Human Resource Management Department at Mayport, Florida. The survey consisted of briefings for all chiefs of service and personnel in management positions, in addition to the actual participation by all members of the command giving their input by taking the survey. The survey contained 28 standard questions and 40 supplemental questions submitted by the command.

As a result of the survey and input from individuals participating in the survey, an additional memorandum was developed for personnel to give specific, direct input on their feelings concerning NRMC as a duty station and recommendations to improve management. The answers to the supplemental survey questions were submitted anonymously to the survey team and will be utilized in the future as recommendations.

There are various means for staff members to provide input and questions to the commanding officer. Chiefs of service have direct lines of communication to the commanding officer concerning matters under their cognizance through either the director of clinical services or the director of administrative services. Enlisted personnel may submit their suggestions at an open forum called Captain's Call. Civilian personnel may also submit their suggestions through civilian Captain's Call. Captain's Call for both enlisted and civilians is held on a quarterly basis. Another mechanism to provide suggestions concerning equal opportunity is through the Human Relations Council. The Human Relations Council also meets on a quarterly basis. All staff members have the privilege of communicating with the commanding officer through

We're glad you're here!

CAPT P. E. Petit, MC, from Armed Forces Institute of Pathology, Wash., D.C.
 CDR R. V. Bulusu, MC, from NRMC, Oakland
 LT F. A. Shustock, MSC, from Newport, RI
 HA L. W. Achorn from NSHS, Ft Sam Houston
 HN J. Acosta from Camp Lejeune, NC
 HM3 G. Baltazar from NSHS, San Diego
 HM1 J. T. Dailey from 2nd FSSG, Camp Lejeune
 HR J. O. Hunte from NSHS, San Diego
 DN B. R. Launs from NRDC, Okinawa
 HM3 V. L. Mehlert from NRMC, Portsmouth
 HR R. Serrao from FMSS Camp Pendleton

Letters



Captain Fout presents a Letter of Appreciation to CDR Curtis M. Sauer, MC, USNR, as he leaves the Navy.



Captain Fout presents a Letter of Appreciation to LCDR Elenita F. Aleta, MC, USNR, as she transfers to the Naval Hospital, Philadelphia.

request mast. Keep the lines of communication open. Communication lines are one of the strengths of our command.



**CAPT Fout's
Skipper -
gram**

Is your courtesy skin too thin?

One of our most common problems and/or complaints relates to lack of courtesy. In reality it shouldn't be, for courtesy or respect is one of the noble virtues upon which our country was founded. Perhaps the quickest way to get a man's number is to note what it takes to make him discourteous. Some people have a pretty thin courtesy skin that can be broken by the slightest barb. In others, it seems to be instinctive to respect others -- at all times.

Courtesy, the real article, is not something that can be turned on and off. The sailor who displays good manners to his shipmates but is rude at home, is not a courteous person. The sailor who is courteous to his seniors, yet tramples on the self-esteem of those beneath him, is a phony. The truly courteous person shows his courtesy in unguarded moments and in unplanned situations.

Courtesy is very simply character shining through. It is the demonstration of our conviction that every person, regardless of his station in life, is entitled to the same human dignity to which we are entitled.

Congratulations to our reenlistees



HM2 S. L. Naoum, USN,
Laboratory Service

HM3 F. J. Finn, USN,
Ophthalmology Service

HM3 R. M. Shy, USN,
NRMC Annex

CRA NOTES

By Joyce Sienia

Captain's Call

There will be a Captain's Call for civilians the first Tuesday of every quarter, the next one being on 5 January 1982 at 1400. The questions are to be submitted to Joyce Sienia, Patient Affairs.

There were several questions submitted at the last Captain's Call that were so generalized that it was not possible for Captain Fout to answer. When you submit your questions, please be more specific so the Captain can answer your questions more appropriately. Also, try not to ask the same repetitious questions.

Captain's Call is a privilege we should not abuse. This is an opportunity for the civilians to air their views, give constructive criticism, voice complaints regarding your work area, and present ideas which would contribute toward the smooth functioning of our hospital. It is not necessary to sign your name to any questions you submit.

* * * * *

CRA BIRTHDAY GREETINGS TO: Floyd Keller on 2 Nov; Dianna Bates on 3 Nov; Ralph Ramos on 5 Nov; Joyce Sienia on 11 Nov; Katherine Murphy on 13 Nov; Patricia Callan and James Wester on 14 Nov; Thomas Van Ells on 17 Nov; Robert Hager on 18 Nov; Margaret Wilsten on 19 Nov; Alice Crownfield and Colette Leistner on 22 Nov; Arthur Baley on 25 Nov; John Julian on 26 Nov; Marie Kirkpatrick and Margaret Walker on 28 Nov; Barbara Fockler on 29 Nov; and Inez Perry on 30 Nov.

Whooizzit



It's HMC Rex M. Reeder, our Command Career Counselor. Chief Reeder has been aboard since February 1981. He is married and he and his wife, Bertha, have 3 sons: Gregory, Monte, and Steven.

Judging from the uniform in the "baby" picture, this man has been career and CPO oriented for a long time!